

Resources to Support Increasing Vegetable and Fruit Intake in Children



NUTRITION
RESOURCE
CENTRE
CENTRE DE
RESSOURCES
EN NUTRITION

This resource list has been developed to provide examples of programs and resources for educators and health promoters

Comprehensive Approaches

Helping Kids Eat More Vegetables and Fruit - NRC Webinar - <http://opha.on.ca/Nutrition-Resource-Centre/Events/Events/2017/Increasing-vegetables-and-fruit-intake-in-school-a.aspx>

Effective Interventions to Increase Vegetable and Fruit Consumption Among Children – NRC –

(E)- <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Effective-Interventions-to-Increase-Vegetable-and.aspx>

(F) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Interventions-efficaces-pour-accroitre-la-consomma.aspx>

Community-Based Interventions That Support Vegetable and Fruit Intake In Children and Youth in Ontario - NRC

(E) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Community-Community-based-Programs-or-Intervention.aspx>

(F) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Programmes-ou-interventions-communautaires-favoris.aspxa>

Social Marketing & Healthy Food Marketing

Social Marketing Campaign Backgrounder - Cook Up Some Fun! - York Region Public Health (example) -

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Cook-Up-Some-Fun!-Social-Marketing-Campaign-Septem.aspx>

Supportive Healthy Eating Environments

At-A-Glance Guide to Ontario's School Food and Beverage Policy, PPM 150 - NRC- <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/At-A-Glance-Guide-to-Ontario%E2%80%99s-School-Food-and-Bev.aspx>

Student Nutrition Program Guidelines - MCYS - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Student-Nutrition-Program-Nutrition-Guidelines,-20.aspx>

Towards Healthier Eating in Recreation Settings – NRC & OSNPPH - <http://opha.on.ca/Nutrition-Resource-Centre/News/NRC-News/2017/Towards-healthier-eating-in-Ontario-recreation-set.aspx>

Student Engagement & Peer Support

The Great Big Crunch (apples) - FoodShare - <http://foodshare.net/program/crunch/>

Halton Food For Thought (example) <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/The-Great-Big-Crunch-Toolkit.aspx>

Hamilton (example) <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/The-Great-Big-Crunch-Activity-Guide.aspx>

The Big Crunch (carrots) - Saskatoon (example) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/The-Big-Crunch-Toolkit.aspx>

Green Apple School Program Grants - Metro (funding) <http://www.greenapple.metro.ca/home.en.html>

Whole Kids Foundation – Whole Foods (funding) - <https://www.wholekidsfoundation.org/>

Nutrition & Healthy Eating Education

Paint your plate with vegetables and fruit - Bright Bites – <http://brightbites.ca/badge/paint-your-plate/>

Veggie and Fruit Month & Pledge - Hastings Prince Edward HKCC- (example) <https://healthykidshpe.ca/healthy-kids-school-pledge-veggie-fruit-month/>

Veggie Mania: Bringing healthy eating and vegetables to Life (grades 3, 4, 5) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Veggie-Mania-Bringing-healthy-eating-and-vegetable.aspx>

Foodland Ontario - Healthy Kids Corner

(E) <https://www.ontario.ca/foodland/page/kids-corner>

(F) <https://www.ontario.ca/fr/terre-nourriciere/page/pour-les-enfants>

Freggie Tales – Canadian Produce Marketing Association - <http://freggietales.ca/>

Cooking & Kitchen-Based Education

Food literacy programming for children: What's happening? What works? NRC Webinar - <http://opha.on.ca/Nutrition-Resource-Centre/Events/Events/2017/NRC-Webinar-Food-literacy-programming-in-children.aspx>

Cook it Up – Preparing Healthy Food - Bright Bites – <http://brightbites.ca/badge/cooking-class/>

Cook it. Try it. Like it! A Guide for Program Leaders - grades 4-7 – British Columbia - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Cook-it-Try-it-Like-it!-A-Guide-for-Program-Leader.aspx>

Kids in the Kitchen – How to set up your Kids Cooking Club – kids 6 – 11y -Manitoba - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Kids-in-the-Kitchen-%E2%80%93-How-to-Set-up-your-Kids%E2%80%99-Coo.aspx>

Adventures in Cooking with Kids Aged 8 -12 – Leader’s Manual – Thunder Bay District Health Unit -

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Leaders-Guide-Adventures-in-Cooking-with-Kids-aged.aspx>

Garden-Based Education

A Guide to School Gardens – Durham Region Health Department - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/A-Guide-to-School-Gardens.aspx>

Community Gardening 101 – FoodShare - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Community-Gardening-101.aspx>

Green Thumb Badge – Bright Bites - <http://brightbites.ca/badge/green-thumb/>

School Year Gardens Toolkit – Richmond Fruit Tree Project -BC – (High School) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/School-Year-Gardens-A-Toolkit-for-High-Schools-to.aspx>

Sustain Ontario - Edible Education Network - <http://sustainontario.com/work/edible-education/>

Tower Garden and Good Food Machine Information and Toolkits – FoodShare - <http://goodfoodmachine.towergarden.ca/>

Farm - To - School & Community

Farm to School – A Fresh Take on School Fundraising in Ontario – Dietitians of Canada
<http://www.freshfromfarm.ca/Enrol.aspx>

Farm to School – Tools from the shed toolkit - BC
<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Farm-to-School-Salad-Bar-Program.aspx>

The Benefits of Farm to School – National Farm to School Network (US)
<http://www.farmtoschool.org/Resources/BenefitsFactSheet.pdf>

Integrating Healthy Eating & Physical Activity

Healthy Eating After School Integrating Healthy Eating Into After-School Physical Activity Initiatives – Health Canada

(E) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Eating-After-School-Integrating-Healthy-Ea.aspx>

(F) - http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/pubs/nutrition/heas-saae/heas-saae-fra.pdf

I Love To Cook and Play Program Manual – kids 6 – 12y - Ottawa Public Health - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/My-Resources/I-Love-to-Cook-and-Play-Program-Manual.aspx>

Eat Right Be Active – A guide for parents and caregivers of children 6 to 8 – NRC <http://opha.on.ca/getmedia/8df80cd7-09fe-40bb-84ef-3c04d2113be8/ERBA-Eng-6-8-2015-Final.pdf.aspx>

Early Learning Resource Activities - OPHEA

(E) - <http://teachingtools.ophea.net/activities/early-learning-resource>

(F) - <http://carrefourpedagogique.ophea.net/activites/la-ressource-dapprentissage-de-la-petite-enfance>

Level Up teaching tools - OPHEA

(E) - <http://teachingtools.ophea.net/activities/level-up>

(F) - carrefourpedagogique.ophea.net/activites/savoir-sante

Parent, Family and Caregiver Engagement & Support

Resources for Children's Nutrition and Cooking with Children of Different Ages - EatRight Ontario

(E) - <https://www.eatrightontario.ca/en/Children.aspx>

(F) - <https://www.eatrightontario.ca/fr/Children.aspx?aliaspath=%2fen%2fChildren>

Children's Nutrition - Cooking and meal planning - EatRight Ontario

(E) - <https://www.eatrightontario.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning.aspx>

(F) - <https://www.eatrightontario.ca/fr/Articles/Nutrition-des-enfants/Cuisine-et-planification-des-repas.aspx?aliaspath=%2fen%2fArticles%2fChildrens-Nutrition%2fCooking-and-Meal-Planning>